

Joining the Dots e-update



November 2022

Keeping you connected and informed about supports and services available to families and children in Wyndham

COVID – 19

Due to ongoing restrictions – please contact services directly to confirm program details

For the most current information, resources and advice please visit The Department of Health and Human Services website

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

COVID-19 Information Hotline - 1800 020 08



Deadly Western Connections Website

Deadly Western Connections website was developed to increase opportunities for Aboriginal and Torres Strait Islander community connections and improve access to services in the western suburbs of Melbourne.

Check out the website which was launched in 2020:

[Deadly Western Connections](#)

Strengthening Parents Support Program



**MacKillop
Family
Services**

Parent to Parent West

A newsletter for parents of children with a disability or developmental delay (0 –18) and living in the western region of Melbourne.

Families and/or professionals can sign up to get the newsletter on the following link:

[Strengthening Parents | MacKillop Family Services](#)



**FREE
EVENT**

Monthly Bilingual Story Times

Join us for stories, songs, rhymes, and craft. Meet bilingual families, learn words in another language, and help your child develop important language skills.

Karen & English

Manor Lakes Library
1st Monday
of the Month
10.30am

Chinese & English

Point Cook Library
3rd Friday
of the Month
10.30am

Punjabi & English

Julia Gillard
Library Tarneit
4th Thursday
of the Month
4pm

Italian & English

Hoppers Crossing
Library
Every 4 weeks
from Wednesday
5 October
10:30am

Greek & English

Hoppers Crossing
Library
Every 4 weeks
from Wednesday
19 October
10:30am

www.wyndham.vic.gov.au/early-years

Ph. 8734 8999

[librariesinwyndham](#)



MyTime Wyndham

Free support for parents and carers of children with disabilities

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition. It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy.

What is MyTime?

MyTime is a peer support group for parents and carers supporting children under 18 years of age with a disability, developmental delay or chronic medical condition. There is no cost for families to attend and children do not need to have a medical diagnosis.

Welcome!

After nearly a year of meeting on (and off!) Zoom, we are making a return to face to face groups in 2022.

Benefits of attending MyTime

- Meet other parents and carers in similar circumstances
- Share experiences
- A choice of topics and activities relevant to parents' needs
- Information, resources and services
- A facilitator to support, co-ordinate activities and guide group discussion
- Parent discussion
- A friendly environment with peer support



Wyndham Groups, Days and Times

MyTime **takes a break for Cup Week & 2022 final sessions take place during the first week of December.** Children are welcome to attend. MyTime offers;

- Guest Speakers and Play Helpers

Term 4 2022 Times

- Tarneit – Mondays 10am-midday
- Manor Lakes-Tues 10am-midday
- Point Cook – Wed 10am-midday

We invite families to come along, meet new friends and chat with facilitators about resources & support.

Contact MyTime Coordinator Kim Mace on kim.mace@tweddle.org.au or visit <https://www.tweddle.org.au/our-work/our-programs/mytime/>

The MyTime program is funded by the Australian Government Department of Social Services. MyTime is coordinated nationally by the Parenting Research Centre.

Secure babies | Strong families | Safe communities



Tweddle Child & Family Health Service 53 Adelaide Street Footscray VIC Australia 3011

T + 61 3 9689 1577 F + 61 3 9689 1922 www.tweddle.org.au

connect
with us



Tarneit Day Stay

The Tarneit Day Stay supports families with babies up to 12 months of age

How can Tweddle's Tarneit Day Stay program help?

It is often an unsettled baby that spurs parents into contacting Tweddle however Tweddle's caring, specialist Wyndham Day Stay team support parents with many different early parenting challenges including;

- Sleep and Settling
- Feeding and meal times
- Attachment and bonding
- Establishing Routines
- Mental Health
- Toddler Behaviour
- Developmental ages and stages

A focus on health, attachment and building confidence

Tweddle's Day Stay programs focus on infant health, ages and stages of development, and the promotion of attachment relationships.

Attending a Day Stay program enables early parenting practitioners and nursing staff to work alongside parents, look at the whole 24-hour cycle and provide practical strategies to empower parents to do the best they can.

Parents and carers can self refer to Tweddle by simply phoning during business hours, or access a referral from a trusted health professional.

Secure babies | **Strong** families | **Safe** communities



Who is the Tarneit Day Stay for?

The Tarneit Day Stay is for parents and carers with a baby up to 12 months of age.

Day

Every Tuesday 9am-4pm

Location:

Bembit Bag-rook Community Centre
61 Polly Parade, Tarneit.

Reservations & Referrals:

You can self refer to the Tarneit Day Stay program or ask for a referral from your Maternal & Child Health Nurse or other health professional.

Phone Tweddle on (03) 9689 1577 during business hours for referrals.





Getting Started with your Child's NDIS Plan

Free online workshop

If your child is brand new to NDIS
then this workshop is for you!

You'll get information and build confidence
that will get your child off to a positive
start with their NDIS Plan.

Don't miss out. [Register now!](#)

Workshop dates:

- >> Tuesday 22 November – 10:00 am
- >> Wednesday 23 November – 10:00 am
- >> Wednesday 23 November – 7:30 pm
- >> Thursday 24 November – 10:00 am

More information:

- >> For parents and carers of children
with developmental delay or disability
- >> This online workshop runs for 90-minutes
- >> Bookings are essential
- >> Professional workshop facilitators are all
parents or carers of children with disability

Topics include:

- >> Understanding what's in your
child's Plan
- >> How to start using the Plan
- >> Finding services
- >> Where to go for information

Read more and register now:



For more information contact:
educate@acd.org.au



03 9880 7000 or
1800 654 013 (regional callers)



www.acd.org.au

Register now

bit.ly/GettingStarted-NOV

Playsteps in the West

Term 4

Playsteps in the West is a free parent and child group where families have fun, share parenting experiences and learn together.

What is Playsteps?

Playsteps in the West is a free parent and child group where families have fun, share parenting experiences and learn together.

Playsteps runs for 8 weeks and has a focus on having fun and strengthening parent-child attachment. The group is facilitated by Play and Early Parenting Practitioners. A weekly group and one-on-one play sessions are offered to parents and carers.

What will I get out of Playsteps?

- An opportunity to build positive bonding times with your baby or toddler, through play, stories and music
- Time to develop an understanding of baby and toddler cues and ways to respond
- Build confidence and enjoyment in the parenting role.
- Make friends
- Share parenting experiences
- Learn practical parenting skills while having fun

For further information or to book into the program, please contact Tweddle on 9689 1577 or email Playstep@tweddle.org.au



Who is Playsteps for?

Playsteps is for parents and carers with a baby aged up to 12 months.

Time

9.30am – 11.30am (Wednesdays)

Term 4 dates

- October 19th, 26th
- November 2nd, 9th, 16th, 23rd, 30th
- December 7th

Location:

Bembit Bag-rook Community Centre
61 Polly Parade, Tarneit.

This program is delivered with thanks to the William Angliss Charitable Fund (Vic)

THE WILLIAM ANGLISS
CHARITABLE FUND

Secure babies | Strong families | Safe communities

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T + 61 3 9689 1577 F + 61 3 9689 1922 www.tweddle.org.au

connect
with us



PRE - SCHOOL GARDEN GROUP

**Join us every 2nd Thursday
10am -11am**

27th October

I'm all ears - Plant your own corn and craft session

10th November

You are my sunshine sunflower art and plant sunflower seeds to take home

24th November

Rock Painting and Muddy Sensory Play

8th December -

Join us for a Christmas session



84 Honour Ave Wyndham Vale 3024

ACCESSING EARLY YEARS SERVICES

For professionals working with children in the years before school

Navigating the early years system can be challenging, and families often report feeling overwhelmed knowing which services are right for their children and when. The table over the page can be used to guide what services and supports will be most suitable for a child based on their age. Children have improved health, wellbeing and developmental outcomes when they have access to these supports before school.



Table Interpretation

- Services in yellow boxes: As of 2023, these services are free and available for all Victorian children.
- Services in blue boxes: Have some eligibility requirements and are tailored to provide additional support for children from diverse backgrounds, with additional needs or experiencing vulnerability. A referral from a professional working with the family is typically required for access to these services.
- Childcare typically incurs an out-of-pocket cost however Centrelink subsidies can help to reduce the overall fee for families.

Further resources to support your work with children in the years before school:

- The Centre's [Early Years Hub](#) hosts practice resources, training opportunities and information for professionals.
- [VACCA Cultural Hub](#) is a space that celebrates Aboriginal culture and is full of deadly activities and resources that are free to use with families.
- The [Victorian Aboriginal Education Association \(VAEAI\)](#) is the peak Koorie community organisation for education and training in Victoria and supports and advises services that provide early childhood education for Koorie children.
- [Association for Children with a Disability](#) - provides free advocacy, support and information for families of children with a disability and the professionals that support them.
- [Foundation House](#) provides advocacy, support and information for families and children from a refugee or asylum seeker background and the professionals that support them.



ACCESSING EARLY YEARS SERVICES

For professionals working with children in the years before school

As of 2023, services in yellow boxes are free. Services in blue boxes have some eligibility requirements. More information over the page.

Service/Subsidy/Support	Birth-1 year	1-2 years	2-3 years	3-4 years	4-5 years
<u>Maternal and Child Health (MCH)</u>	✓	✓	✓	✓	✓
<u>Enhanced MCH</u>	✓	✓	✓		
<u>Playgroups</u>	✓	✓	✓	✓	✓
<u>Supported Playgroups</u>	✓	✓	✓	✓	✓
<u>Childcare (CCS & ACCS)</u>	✓	✓	✓	✓	✓
<u>Inclusion Support Program</u>	✓	✓	✓	✓	✓
<u>Three-Year-Old Kindergarten</u>			Enrol	✓	
<u>Four-Year-Old Kindergarten</u>				Enrol	✓
<u>Koorie Engagement Support Officer (KESO)</u>				✓	✓
<u>Early Start Kindergarten (ESK)</u>			Enrol	✓	✓
<u>Access to Early Learning (AEL)</u>			Refer	✓	
<u>Kindergarten Inclusion Support (KIS)</u>				✓	✓
<u>Early Childhood LOOKOUT</u>				✓	✓
<u>NDIS Early Childhood Approach</u>	✓	✓	✓	✓	✓





Thursdays

2.00pm

All sessions are
FREE

RHYME TIME

**Join us for Rhyme time and the Pop Up Library at
Iramoo Community Centre**

**Chat to councils friendly staff, borrow some
books or become a library member**



8742 3688

**84 Honour Ave,
Wyndham Vale**

Western Regional Parenting Programs

Parenting Calendar | Term 4 2022
Free parenting programs



Program	When	Time	How to join - (Registration required)
Understanding and Responding to Children's Behavior	Tuesday 20 September	10:00 -11: 00am Online Via Zoom	maribymong.vic.gov.au/Events/Childrens-Behaviour <small>Simply click the link at the time of the event to join. Add this event and link into your personal calendar now!</small>
Understanding and Responding to Children's Emotions	Tuesday 27 September	10:00 -11: 00am Online Via Zoom	www.mackillop.org.au/events
Program	When	Time & Location	How to join (Registration required)
Circle of Security 6 Weeks (Due to Public Holiday)	Tuesday 11 October to 22 November.	10.00- 12.00pm. Carlton Baths 248 Rathdowne Street Carlton	www.mackillop.org.au/events <small>Please register to attend by contacting the program contact as specified below. For our programs via Zoom, a link to the program will be sent via email following your registration.</small>
Pasifika Tuning into Teens 6 weeks	Friday 14 October to 18 November.	10-12pm Manor Lakes Community Centre 86 Manor Lakes Blvd, Manor Lakes	www.mackillop.org.au/events
Triple P Positive Parenting 8 Weeks	Thursday 20 October to 8 December	1—230pm Online Via Zoom	www.mackillop.org.au/events
Tuning into Dads 6 Week	Wednesday 19 October to 23 November	Online Via Zoom 5:30–7:00pm	www.mackillop.org.au/events

Want to know more? ☎ 9680 8444 ✉ RegionalParentingService@mackillop.org.au

MacKillop Family Services acknowledges the Traditional Custodians and their Elders in each of the Communities where we work



Quiet and Calm Sensory Story Time

Quiet and Calm Sensory Story Time is for families with children aged 1-5 who have sensory challenges that make attending a standard Rhyme Time or Story Time difficult.

Williams Landing Library Lounge is a unique library space that allows us to use the entire room for our Story Time. The lights are dimmed, and we make it a quiet and calm space for everyone.

To allow for the best experience possible, the sessions include visual timetables, songs with no backing tracks, and group limits.

Every Wednesday during school term

2pm to 2:30pm

Williams Landing Library Lounge

Bookings Required

[Williams Landing Library Lounge](#)



Health Translations

Translated information about health and wellbeing

The [October edition](#) has the latest multilingual resources on Covid-19, mental health, online safety, women's health, pregnancy and post-natal care, parenting, early learning, smoking, Centrelink and many more.

You can browse the Health Translations [website](#) for translated health and wellbeing resources.

Please share as widely as possible through your networks to help Victoria's service providers and multicultural communities stay safe and informed.

Join our [mailing list](#) to get regular updates on multilingual community resources.

SIGN UP TO OUR **ACTIVE WYNDHAM NEWSLETTER**

DISCOVER:

- ▶ Free and low cost physical activities for all ages
- ▶ Kids holiday activities
- ▶ Sport and recreation reserve developments
- ▶ Plus much more!



[WWW.WYNDHAM.VIC.GOV.AU/
ACTIVEWYNDHAM](http://WWW.WYNDHAM.VIC.GOV.AU/ACTIVEWYNDHAM)

wyndhamcity
ACTIVE
WYNDHAM

SUMMER SPORT IS COMING WHAT ARE YOU GOING TO PLAY?



wyndhamcity
ACTIVE
WYNDHAM

FIND ACTIVITIES TO TRY AT WWW.WYNDHAM.VIC.GOV.AU/SUMMERSPORT

Looking for some sport opportunities for children? Check out a list of learn-to-play sport programs kids can try out this Summer season. [Click Here](#)



Evaluation of Learning Cities and Regions

Case studies from Northern Ireland & Australia



7-8pm AEDT Monday 7 November 2022



**CITY OF
CANNING**



DERRY CITY & STRABANE REGION

**PASCAL International
observatory**

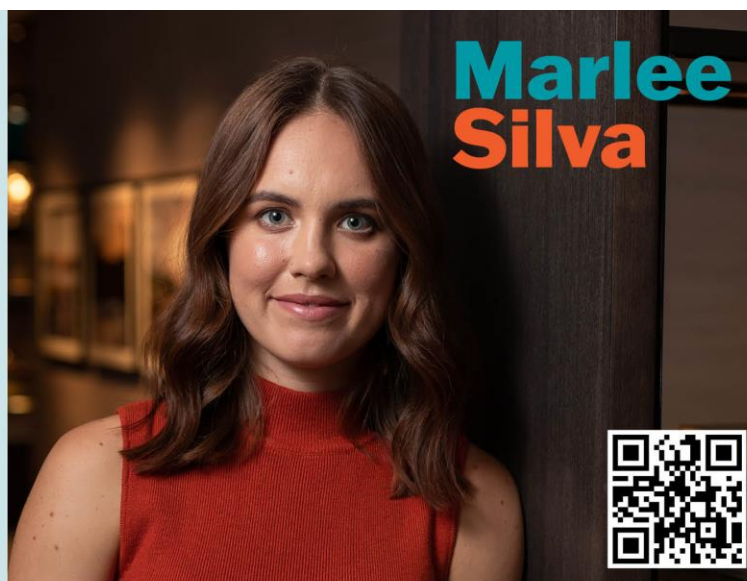
Evaluation plays an important role in Learning Cities and regions. It tells us if we are achieving the intended outcomes of our lifelong learning strategies and initiatives and helps us to communicate the impact of our work to stakeholders. This event will feature case studies from two Learning City practitioners from the City of Canning in Western Australia and Derry-Strabane in Northern Ireland, showcasing approaches to evaluation at the program and strategic levels in both urban and rural contexts.

[click here to register](#)

**FREE
EVENT**

WYNtalk.

**‘Acknowledge,
Respect and Value
Aboriginal Culture and
Identity’ – Pathway to
Reconciliation**



**Marlee
Silva**

**TUESDAY
8 NOVEMBER, 2022
7:00PM – 8:00PM**



The Wyndham City Council and Drummond Street Services are partnering to offer parents in Wyndham a selection of free parenting support services:

STRESS MANAGEMENT FOR MUMS GROUP (50 mins online)

These 4 sessions online Zoom group will explore the common stressors associated with being the main carer and how to navigate motherhood, so you enjoy it and achieve best outcomes for your family. Each session will include practical strategies to reduce and manage stress and build your resilience long term. Babies and pre-schoolers are welcome to be running around while you attend.

Runs Tuesday mornings at 10-10.50am throughout November (8th, 15th, 22nd and 29th)

(Involves short pre and post survey for participants)

WORKING PARENTS WITH TODDLERS' SEMINAR (45 mins online)

This online Zoom seminar looks at the challenges that many working parents experience, with a focus on self-care and juggling responsibilities. This session helps to settle busy parents into a routine of meeting an active toddler's developmental needs and meeting work expectations, while still getting some sleep and staying sane! Relevant for those with children up to 4 years. You can tune in while having your lunch break.

Runs Thursday 27th October at 12.15-1pm.

TOP GEAR (MANAGING CHALLENGING BEHAVIOURS/PARENTING FEISTY KIDS) (90 mins online)

This seminar is for parents who wish to develop their skills in dealing with the inevitable tricky behaviours that pop up and encouraging positive behaviour. Learn about developing better communication skills, building your child's self-esteem, fair and positive discipline techniques and keeping your cool as a parent.

Runs Thursday 10th November at 10.30am-12pm.

PARENTING KIDS WHO WORRY/WITH ANXIETY (90mins online)

Come along to find out more about anxiety and strategies to help your child worry less and help your child to focus on the positives.

Runs Thursday 24th November at 10.30am-12pm.

FAMILY FOUNDATIONS PROGRAM (8 hrs total, face to face)

This is an evidence based short course for couples to help with reducing conflict and improving co-operative parenting. The first 2 years of a baby's life are both challenging and joyful for parents and it helps to do some couples work to sort out why we react the way we do, and how we can work together better. This is a 2-day face to face program.

Babes in arms allowed, however please arrange alternate care for crawling babies and older children.

Runs Saturday 26th November and 10th December from 10am-2 pm, at Arndell Park Community Centre (Community Room 1). Includes catered lunch.

(Involves short pre and post survey for participants)

You can book for any of these sessions or find out more by emailing events@ds.org.au or booking via Drummond Street website at <https://ds.org.au/events/>